



## Full Report (All Nutrients) 01168, Cheese, low fat, cheddar or colby

**Report Date: July 09, 2017 12:44 EDT**

Nutrient values and weights are for edible portion

## Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
<b>Proximates</b>									
Water	g	63.10	--	--	83.29	71.30	17.89	10.73	17.6
Energy	kcal	173	--	--	228	195	49	29	48
Energy	kJ	724	--	--	956	818	205	123	203
Protein	g	24.35	62	0.256	32.14	27.52	6.90	4.14	6.82
Total lipid (fat)	g	7.00	--	--	9.24	7.91	1.98	1.19	1.96
Ash	g	3.64	95	0.111	4.80	4.11	1.03	0.62	1.02
Carbohydrate, by difference	g	1.91	--	--	2.52	2.16	0.54	0.32	0.53
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.52	--	--	0.69	0.59	0.15	0.09	0.15
<b>Minerals</b>									
Calcium, Ca	mg	415	--	--	548	469	118	71	116
Iron, Fe	mg	0.42	--	--	0.55	0.47	0.12	0.07	0.12
Magnesium, Mg	mg	16	--	--	21	18	5	3	4
Phosphorus, P	mg	484	35	9.869	639	547	137	82	130
Potassium, K	mg	66	--	--	87	75	19	11	18
Sodium, Na	mg	873	--	--	1152	986	247	148	244
Zinc, Zn	mg	1.82	--	--	2.40	2.06	0.52	0.31	0.51
Copper, Cu	mg	0.021	--	--	0.028	0.024	0.006	0.004	0.006
Manganese, Mn	mg	0.006	--	--	0.008	0.007	0.002	0.001	0.002
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1
Fluoride, F <sup>1</sup>	µg	34.9	1	--	46.1	39.4	9.9	5.9	9.8

## Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.012	--	--	0.016	0.014	0.003	0.002	0.003
Riboflavin	mg	0.221	--	--	0.292	0.250	0.063	0.038	0.062
Niacin	mg	0.051	--	--	0.067	0.058	0.014	0.009	0.014
Pantothenic acid	mg	0.183	--	--	0.242	0.207	0.052	0.031	0.051
Vitamin B-6	mg	0.045	--	--	0.059	0.051	0.013	0.008	0.013
Folate, total	µg	11	--	--	15	12	3	2	3
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	11	--	--	15	12	3	2	3
Folate, DFE	µg	11	--	--	15	12	3	2	3
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3
Vitamin B-12	µg	0.49	--	--	0.65	0.55	0.14	0.08	0.14
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	60	--	--	79	68	17	10	17
Retinol	µg	60	--	--	79	68	17	10	17
Carotene, beta	µg	4	--	--	5	5	1	1	1
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	207	--	--	273	234	59	35	58
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.08	0.07	0.02	0.01	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1	0.1	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1	0.1	0.0	0.0	0.0
Vitamin D	IU	5	--	--	7	6	1	1	1
Vitamin K (phylloquinone)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2
<b>Lipids</b>									
Fatty acids, total saturated	g	4.342	--	--	5.731	4.906	1.231	0.738	1.216
4:0	g	0.222	--	--	0.293	0.251	0.063	0.038	0.062
6:0	g	0.063	--	--	0.083	0.071	0.018	0.011	0.018
8:0	g	0.072	--	--	0.095	0.081	0.020	0.012	0.020
10:0	g	0.137	--	--	0.181	0.155	0.039	0.023	0.038

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
12:0	g	0.101	--	--	0.133	0.114	0.029	0.017	0.028
14:0	g	0.889	--	--	1.173	1.005	0.252	0.151	0.249
16:0	g	1.984	--	--	2.619	2.242	0.562	0.337	0.556
18:0	g	0.873	--	--	1.152	0.986	0.247	0.148	0.244
Fatty acids, total monounsaturated	g	2.082	--	--	2.748	2.353	0.590	0.354	0.583
16:1 undifferentiated	g	0.231	--	--	0.305	0.261	0.065	0.039	0.065
18:1 undifferentiated	g	1.851	--	--	2.443	2.092	0.525	0.315	0.518
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.222	--	--	0.293	0.251	0.063	0.038	0.062
18:2 undifferentiated	g	0.156	--	--	0.206	0.176	0.044	0.027	0.044
18:3 undifferentiated	g	0.067	--	--	0.088	0.076	0.019	0.011	0.019
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	21	--	--	28	24	6	4	6
<b>Amino Acids</b>									
Tryptophan	g	0.286	--	--	0.378	0.323	0.081	0.049	0.080
Threonine	g	0.798	--	--	1.053	0.902	0.226	0.136	0.223
Isoleucine	g	1.389	--	--	1.833	1.570	0.394	0.236	0.389
Leucine	g	2.145	--	--	2.831	2.424	0.608	0.365	0.601
Lysine	g	1.866	--	--	2.463	2.109	0.529	0.317	0.522
Methionine	g	0.588	--	--	0.776	0.664	0.167	0.100	0.165
Cystine	g	0.111	--	--	0.147	0.125	0.031	0.019	0.031
Phenylalanine	g	1.179	--	--	1.556	1.332	0.334	0.200	0.330
Tyrosine	g	1.080	--	--	1.426	1.220	0.306	0.184	0.302
Valine	g	1.496	--	--	1.975	1.690	0.424	0.254	0.419
Arginine	g	0.847	--	--	1.118	0.957	0.240	0.144	0.237
Histidine	g	0.786	--	--	1.038	0.888	0.223	0.134	0.220
Alanine	g	0.633	--	--	0.836	0.715	0.179	0.108	0.177
Aspartic acid	g	1.439	--	--	1.899	1.626	0.408	0.245	0.403

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Glutamic acid	g	5.480	--	--	7.234	6.192	1.554	0.932	1.534
Glycine	g	0.385	--	--	0.508	0.435	0.109	0.065	0.108
Proline	g	2.526	--	--	3.334	2.854	0.716	0.429	0.707
Serine	g	1.309	--	--	1.728	1.479	0.371	0.223	0.367
<b>Other</b>									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD